



**IX PANAM AQUATICS MASTERS
CHAMPIONSHIPS**

July 16-29, 2024

SUMMONS

Swimming, Water Polo, Diving, Artistic Swimming and
Open Water

Table of Contents:

Introduction

Welcome Message from ASATT

Event Overview

Objectives and Significance
Historical Background of the Championships

Committee Members

PanAm Aquatics Masters Technical Committee
Organizing Committee by ASATT

Event Schedule

Daily Itinerary
Venue Details

Competition Disciplines

Swimming
Open Water
Diving
Artistic Swimming
Water Polo

Participant Information

Entry Procedures
Eligibility Criteria
Athlete Participation Agreement

Travel and Accommodation

Essential Travel Information
Recommended Hotels and Rates

Local Insights

Trinidad and Tobago Culture and Attractions
Local Cuisine and Dining

Health and Safety

Medical and Emergency Services
COVID-19 Protocols

Sponsors and Partners

Acknowledgements
Sponsor Highlights

Contact Information

ASATT Contact Details
Emergency Numbers

Appendices

Maps and Directions
Glossary of Terms



Welcome Message from ASATT

Dear Athletes, Coaches, and Esteemed Guests,

On behalf of the Aquatics Sports Association of Trinidad and Tobago (ASATT), it is with immense pride and boundless enthusiasm that we welcome you to the IX PanAm Aquatics Masters Championships 2024. As the host nation, we are honoured to bring together the finest aquatic athletes from across the Americas in a celebration of sportsmanship, excellence, and unity.

Trinidad and Tobago, with its rich cultural tapestry and stunning natural beauty, offers a unique backdrop for this prestigious event. From our world-renowned Carnival to our idyllic beaches, we invite you to experience the warmth and vibrancy of our nation.

We are committed to providing an event that not only meets but exceeds international standards. Our dedicated team has worked tirelessly to ensure that every aspect of the championships, from the competition venues to the cultural events, will leave a lasting impression.

Thank you for being a part of this extraordinary journey. We look forward to sharing unforgettable moments and witnessing incredible feats of athleticism over the coming days.

Warm regards,

Lindsay Gillette

President,

Aquatics Sports Association of Trinidad and Tobago (ASATT)

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Objectives and Significance

Objectives:

To Foster International Unity: The IX PanAm Aquatics Masters Championships aims to unite athletes across the Americas, fostering a sense of unity and mutual respect.

To Showcase Athletic Excellence: This event serves as a platform for athletes to demonstrate their skills in various aquatic disciplines, elevating the standard of competition.

To Promote Trinidad and Tobago: As the host country, one of our primary objectives is to showcase Trinidad and Tobago's rich cultural heritage and natural beauty to an international audience.

To Encourage Healthy Competition: The Championships are designed to promote the values of sportsmanship, fair play, and integrity among all participants.

To Stimulate Economic and Tourism Growth: Hosting this prestigious event is expected to impact the local economy positively, including tourism and related sectors.

Significance:

Cultural Exchange: The event offers a unique opportunity for cultural exchange, allowing athletes and visitors to immerse themselves in the vibrant culture of Trinidad and Tobago.

Global Recognition: Hosting the PanAm Aquatics Masters Championships elevates Trinidad and Tobago's status on the international sporting stage, providing a platform for future sporting events.

Community Engagement: The event is expected to engage local communities in various capacities, from volunteering to cultural presentations and fostering national pride.

Brief Historical Background of the Championship

The PanAm Aquatics Masters Championships has a storied history that dates back several decades, serving as a beacon of athletic excellence and international camaraderie. Initiated with the vision of creating a unified platform for aquatic sports in the Americas, the championships have grown exponentially in scale and significance over the years.

Various countries have hosted the event, each adding its unique flavour and contributing to the Championships' rich tapestry. It has evolved to include multiple aquatic disciplines, attracting a diverse range of athletes from young aspiring talents to seasoned veterans.

The IX edition marks a significant milestone as it is hosted by Trinidad and Tobago, a country renowned for its cultural diversity and natural beauty. This year's championships promises to be a blend of high-octane competition and cultural extravaganza, setting new benchmarks for future events



PANAM AQUATICS MASTERS COMMITTEE

Edith Clashing (ANT) - Chairman

Ana Fortin (HON) - Vice Chairman

Dot Padget (CAN) - Secretary

Eddie Hazell (Exec) - Liaison

Lina Zapata (COL) - Member

Marcelo Zamora (CHI) - Member

Dinnora Gil (TTO) - Member

Nadine Day (USA) - Member

Ed Tsuzuki (USA) – Member

David de Vlieger (CAN) - Member

Ricardo Dimas (PAN) - Member

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ASATT Organizing Committee

ASATT President	Lindsay Gillette
ASATT Vice President	Joseph Mc Leod
Chairman	Ronald Corke
Secretary	Dinnora Gil
Finance	Robyn Le Blanc
Technical Coordinators	
Swimming	Joseph Mc Leod
Diving	Stephen Mendoza
Water Polo	Ryan Smith
Artistic Swimming	Johann Jerry-Lovell
Open Water	Neal Marcano
Officials	Wendell Lai Hing
Medical	Arlene Hamblin-Paul
Systems	Neal Marcano
Communication / Press	Lima Andrew-Cedeno
Competition Logistics	Bertram Blackman
Security	Peter Goodridge
Awards	Dinnora Gil
Transport and Lodging	Alicia Casimir
Merchandising	Sherleen Young-Griffith
Protocol/Hospitality	Gresha Gonzales
Volunteer Work	William Carr



Event Schedule & Competition Venue

2024 PANAM MASTERS CHAMPIONSHIPS CAMPEONATO PANAM MASTER Jul 18 - 29, 2024 Trinidad & Tobago															
GENERAL COMPETITION SCHEDULE / HORARIO GENERAL DE LA COMPETENCIA															
		16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
Discipline	Competition Venue	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Disciplina	Lugar de la Competencia	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	Lunes
Swimming Natación	National Aquatic Centre	Training	Technical Meeting & training	800m free	400m IM 200m Free 50m Fly	200m Back 100m Free 50m Breast	50m Free 200m IM 100m Fly	200 Medley Relay Mix 200m Free Relay Mix	200m Breast 100m Back 200m Fly	50m Back 400m Free 100m Breast					
Open Water Aguas Abiertas	Las Cuevas										Technical Meeting	3 Km			
Diving Clavados	National Aquatic Centre					Training	Technical meeting and Training	1m & 3m Springboard	Platform Synchro						
Artistic Swimming Natación Artística	National Aquatic Centre	Technical Meeting & Training	Tech Routine Solo. Tech. Routine Duet. Tech Routine	Free Combo Routine Free Duet	Free Solo Free Team										
Water Polo Polo Acuático	National Aquatic Centre Marlins Swimming Pool									Technical Meeting	Play off	Play off	Play off	Play off	Finals
Thursday/Jueves Jul 18 - OPENING CEREMONY / CEREMONIA DE APERTURA						Saturday/Sabado Jul 20 - MASTERS FESTIVAL / FESTIVAL MASTER									

Registration for the IX PanAm Aquatics Masters Championships 2024 will be completed via the designated link on the official event website. All registration fees are to be processed through secure online payment methods. Online registration will open on **January 19, 2024**, with the deadline for accepting registrations being May 15, 2024.



ELIGIBILITY

All Masters Swimmers affiliated with their respective Federations can participate in the PanAm Aquatics Masters Championships 2024. Swimmers from continents other than the Americas can participate as guest athletes.

Duplicate awards will be presented to guest athletes from other continents, ensuring that the awards for athletes from the Americas remain unaffected.

All participants must represent a club, association, or fitness academy of a World Aquatics Member Federation. Athletes representing national teams will not be eligible for registration.

PASSPORTS AND VISAS

Please refer to the Trinidad and Tobago Ministry of Foreign and CARICOM Affairs website for specific visa and passport requirements. Visas information: [foreign/services/visas](https://foreign.gov.tt/foreign-services/visas)

AIRLINES

The primary international gateway is Piarco International Airport (POS) in Trinidad. It serves as the main point of entry for international attendees.

HEALTH AND SAFETY PROTOCOLS

Before travelling, please consult the latest health and safety guidelines issued by the government of Trinidad and Tobago.

CUSTOMS DECLARATION

Upon arrival in Trinidad and Tobago, you must complete a Customs and Immigration Declaration form. The airline will distribute forms upon arrival in Trinidad and Tobago.

Customs Declaration: [Valuable information on the Customs Declaration](#)

CURRENCY

The official currency of Trinidad and Tobago is the Trinidad and Tobago Dollar (TTD). The conversion rate is subject to market fluctuations; however, as of the time of this publication, the approximate exchange rate is 1 US Dollar (USD) = 6.8 TTD.

Declaration of currency: [Currency Declaration when entering TTO](#)

Rates of Exchange: [rates-of-exchange](#)

DUTY-FREE SHOPS

Duty-free shopping is available at Piarco International Airport and other designated areas.

COURIER SERVICES

Trinidad and Tobago is serviced by several major international courier companies, ensuring reliable and efficient shipping and receiving options for attendees. Some of the prominent courier services operating within the country include

DHL: [DHL Trinidad and Tobago](#)

FedEx: [FedEx Trinidad and Tobago](#)

UPS: [UPS Trinidad and Tobago](#)

TNT: [TNT Trinidad and Tobago](#)

TTPost: [TTPost Website](#)

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LOCAL TRANSPORTATION

Various modes of local transportation are at your disposal in Trinidad and Tobago, ensuring ease of movement throughout your stay.

Taxis: Several taxi services are available for your convenience. Some reputable companies include [Trinidad Taxi Services](#) and [mytrip-tt](#)

Public Transportation: The country also has an established public transportation system, including buses and maxi taxis, which operate on a set timetable. For more information, you can visit the [PTSC](#) website.

Special Note: The event organizers will provide dedicated transportation services to and from partnered hotels, adding extra convenience to your stay.

BANKING

Banks are generally open from Monday to Friday, with currency exchange services available at major banks and airports.

CREDIT CARDS

Most establishments accept major credit cards such as VISA, MasterCard, and American Express.

SHOPPING

Shopping centres and stores generally operate from 9:00 am to 9:00 pm. Some convenience stores and gas stations are open 24/7.

ATTIRE

Trinidad and Tobago has a tropical climate, and casual wear is generally acceptable, even in most dining and entertainment venues.

MEDICAL AND EMERGENCY SERVICES

Medical facilities are available both publicly and privately. It is highly recommended that visitors secure international health insurance. Emergency medical personnel and services will be available at all competition venues.

MEDIA

Trinidad and Tobago has a range of newspapers and television channels available in most accommodation options.

ELECTRICITY

In Trinidad and Tobago, electricity is supplied at two different voltages: 110 volts and 220 volts, both at a frequency of 60 Hz. The country primarily uses Type A and Type B electrical outlets.

Type A: This is a two-pin plug with flat parallel pins.

Type B is a three-pin plug with flat parallel pins and a grounding pin. [Sample of power-plugs-sockets used in TTO](#)

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For International Visitors: If your devices use different plug types or are not compatible with the 115V/220V, 60 Hz electrical system, it is highly recommended that you travel with appropriate plug adapters and voltage converters to ensure the usability of your electronic devices during your stay.

WATER

The water supply in Trinidad and Tobago is generally safe to drink.

MERCHANDISE

(ASATT) We will be offering exclusive merchandise for purchase at the upcoming event. Show your pride and commemorate your participation with our specially designed athletic gear.

Available items include:

- Commemorative T-shirts and Polos: USD 30.00
- Branded Swim Caps: USD 15.00
- Commemorative Hoodies: USD 50.00
- Custom ASATT Towels: USD 20.00

INTERNET ACCESS

Wi-Fi is widely available in hotels, coffee shops, and some public areas, including competition venues.

ENTRY FORMS

Entry forms for each aquatic discipline and available payment methods can be accessed via the official Championship website. All payments are to be processed exclusively through Credit or Debit Cards.

SW Roster: <https://paqmasters.panamaquaticsevents.com/en/deporte/esquema/3/deporte/16>

OWRoster: <https://paqmasters.panamaquaticsevents.com/en/deporte/esquema/4/deporte/17>

AS Roster: <https://paqmasters.panamaquaticsevents.com/en/deporte/esquema/4/deporte/18>

DV Roster: <https://paqmasters.panamaquaticsevents.com/en/deporte/esquema/4/deporte/15>

WP Roster: <https://paqmasters.panamaquaticsevents.com/en/deporte/esquema/1/deporte/19>

Registration Opens:

January 19, 2024

Closing Dates:

May 15, 2024

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PAYMENTS	COST
SWIMMING (SW)	
Individual entry/registration	\$ 75
Individual events	\$ 15
Relay Teams	\$ 25
Events Program (only print copy will be available)	\$ 15
Printed Results	\$ 15
OPEN WATER (OW)	
Individual entry/registration (For those swimmers not entered in any other discipline)	\$ 75
Individual event	\$ 60
Events program (only print copy will be available)	\$ 15
Printed Results	\$ 15
ARTISTIC SWIMMING (AS)	
Individual entry/registration	\$ 75
Solo (For Athlete)	\$ 25
Duet (For athlete & list partner's name)	\$ 25
Mixed Duet (For athlete & list partner's name)	\$ 25
Team (For athlete & list partner's names)	\$ 25
Free Combination (For athlete & list team names)	\$ 25
Events program (only print copy will be available)	\$ 15
Printed Results	\$ 15
DIVING (DV)	
Individual entry/registration	\$ 75
Individual event	\$ 25
Synchro Diving (For Athlete & list partner's name)	\$ 25
Events program (only print copy will be available)	\$ 15
Printed Results	\$ 15
WATER POLO (WP)	
Individual entry/registration	\$ 75
Team WITH referee	\$ 200
Team WITHOUT referee	\$ 396
Events program (only print copy will be available)	\$ 15
Printed Results	\$ 15
COACH / DELEGATE	
accreditation card	\$ 15

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ENTRY PROCEDURES FOR ALL PARTICIPANTS

Participants must present and submit the following documentation during registration: proof of age and a copy of their Federation ID/letter issued by their respective National Swimming Federation.

ENTRY DEADLINE

The final deadline for all entries to be received by the Organizing Committee is Thursday, May 15, 2024. Please note that some events may close their entries earlier to comply with the mandated 10-hour competition rule.

AQUA AFFILIATION

All Masters Competitors must be affiliated with a World Aquatics Member Federation and provide evidence of this affiliation through a Master's licence, Club Registration Card, or Federation membership card/letter.

ONLINE REGISTRATION

Registration can only be completed online through Deporte Virtual. For more details, please visit our official website <https://paqmasters.panamaquaticsevents.com/>. All required documentation, as outlined in "Entry Procedures," must be submitted on or before May 15, 2024. The Organizing Committee will acknowledge all received entries through an automatic message

Key Entry Form Documents:

By completing your online registration, each applicant agrees to the terms and conditions outlined in the application form, including any waivers or disclaimers from the Organizing Committee.

The designated team representative must complete the appropriate entry form for teams participating in water polo, swimming relays, artistic swimming, and synchronized diving.

Proof of age must be submitted in PDF format. Acceptable documents include a national identity card, passport, driver's license, birth certificate, and photo ID.

Proof of Federation affiliation or permission must be presented during registration.

A completed and signed disclaimer form must also be attached to exempt the Organizing Committee from specific responsibilities.

All payments, including individual registration fees and team-specific fees, must be made online using a credit or debit card.

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Fax submissions will not be accepted. All entries must be made online.

Fees paid at the time of registration are non-refundable and non-transferable. By registering, the Athlete agrees to these terms. The Organizing Committee will review these terms if a postponement or cancellation occurs.

LETTER OF INVITATION

Participants from countries facing visa challenges should request an invitation letter by completing the google form attached to this link [invitation letter request](#) with your details. The Organising Committee will use this information to generate and send you a personalized invitation letter.

ADDITIONAL INFORMATION

This manual provides most of the information athletes will need for their application. For further inquiries, please contact the Organizing Committee at [the email address](#).

PARTICIPATION REQUIREMENTS

All athletes must be fully aware of the information provided in this manual to participate in the IX PANAM AQUATICS MASTERS CHAMPIONSHIPS 2024.

SWIMMING

To adhere to the PanAm Aquatics Masters Technical Committee's mandate of not exceeding 10 hours of competition per day, we may limit the number of athletes allowed to register for specific swimming events. Consequently, some events may close their entries before the overall entry deadline. We aim to offer athletes and their families ample time to explore all that Trinidad and Tobago has to offer.

MINIMUM AGE LIMIT: 18 years

The competitor's age will be considered as of December 31, 2024.

AGE GROUPS

Individual events will have the following age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and so on in five-year increments.

Relay events will be based on the total age of team members as of December 31, 2024. 80-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and 40-year increments as high as necessary.

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TECHNICAL MEETING

The swimming technical meeting will be held on July 17, 2024, at 16:00 hours. The location will be announced on the official website.

LOCATION

The events will take place at a National Aquatic Centre in Trinidad and Tobago.

POOL RECOGNITION

The pool will be open for recognition and warm-up from July 18, 2024, from 08:00 to 18:00. During competition days, pools will be available from 06:30 to 08:00.

POOL CHARACTERISTICS

The competition pool will be 50m long, with ten lanes and a depth of 2.45m. A secondary pool with similar dimensions and a depth of 3m will also be available.

WARM-UP/WARM-DOWN POOLS

A 25m long pool with 20 lanes and a depth of 1.40m will be available for warm-up and warm-down.

TRAINING PROVISION

The championship pool will be open for training from 06:30 am to 08:00 am

WARM-UP PROCEDURES

Swimmers must adhere to specific warm-up procedures, including entering the pool feet-first and following designated sprint lanes.

ENTRY RESTRICTIONS

A swimmer may enter a maximum of five events but no more than two events per day and up to four relays.

COMPETITION NOTES:

All starts will be conducted in accordance with AQUA Masters swimming rules. Swimmers who complete their races must remain in the water until the next race begins or follow the referee's signals. The one-start rule will be in effect for all swimming events.

SEEDING:

Events will be pre-seeded based on the times submitted during registration. The oldest age groups will be seeded first, and within each age group, the slowest heats will be swum first.

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Note: The 400m and 800m freestyle and the 400m individual medley will be seeded by time, not by age group, with slower times swimming in the initial heats.

RELAY EVENTS:

All relay team members must be affiliated with the same swimming club. Swimmers may not represent more than one team per relay event. The relay team registration forms, indicating the pre-registered athletes, must be submitted to the Organizing Committee's secretary during the Technical Meeting.

Substitutions within teams that alter the team's age group are allowed until 10:00 am on 17/07/2024 and will not be accepted afterwards.

DEADLINE:

The final date for all entries is **May 15, 2024**.

MIXED RELAYS:

"Mixed" refers to teams comprising both sexes, i.e., two females and two males.

REPORTING:

Swimmers are responsible for reporting to the clerk of the course (call room) at least 15 minutes before their scheduled races.

MEDALS:

Medals for individual events will be awarded from 1st to 10th place in each age group. For relay events, medals will be awarded from 1st to 3rd place in each age group, with each team member receiving a medal.

IMPORTANT NOTE:

Swimmers in the 18-24 age group are not permitted to participate in certain relay age groups, as specified.



OPEN WATER

MINIMUM AGE LIMIT:

Participants must be 18 years old.

AGE DETERMINING DATE:

The competitor's age will be considered as of December 31, 2024.

AGE GROUPS:

The age groups are 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and additional five-year increments as necessary.

Note: The 2024 Championship will adhere to AQUA regulations, although PANAM Aquatics may make exceptions regarding age groups.

SEEDING:

Swimmers will be seeded based on their 1500 LC meter times, starting with the fastest series. The race organizers will determine cut-off times for each age group in consultation with the referee and the PANAM Aquatics Masters Technical Committee.

SWIM CAPS:

All swimmers must wear highly visible, numbered swim caps provided by the organizers.

USE OF SWIMSUITS:

Only AQUA-approved swimsuits will be permitted. No wetsuits will be allowed (per rule water temperature has to be under 18 ° C.)

<https://approved.swimwear.fina.org/>

TRAINING PROVISION:

Training opportunities will be available at the Aquatic Centre during the week of the competition and at other designated locations in Trinidad and Tobago. Specific details will be announced closer to the event.

TECHNICAL MEETING:

The Open Water technical meeting is scheduled for Thursday, July 25, 2024. The location will be announced on the official host website.

COMPETITION DATE:

The Open Water event will take place on Friday, July 26, 2024, with a tentative start time of 9:30 am.

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LENGTH OF COURSE:

The course will be 3 kilometres long. The Organizing Committee reserves the right to modify the course length based on medical advice and weather conditions.

COMPETITION VENUE:

The competition venue for the event is set to be the picturesque Maracas Bay.

WATER TEMPERATURE: 25 to 28 °C

TRANSPORT:

The official host website will provide Transportation details and schedules.

[\(Competition website\)](#)

TIME LIMITS:

Swimmers unable to complete the 3 km distance within 90 minutes are advised not to enter.

MARSHALLING AREA:

Athletes must report to the marshalling area 30 minutes before their wave starts. A course map will be displayed.

SAFETY:

Safety boats will accompany athletes throughout the course.

CHANGING AREA:

A designated area for equipment and changing will be provided, along with numbered caps for each swimmer.

SUPPORT FACILITIES:

Shower and changing facilities, as well as a catering tent for athlete recovery, will be available.

MEDALS:

Medals will be awarded from 1st to 10th place in each age group.

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DIVING

MINIMUM AGE LIMIT:

The minimum age for participation is 25 years.

AGE DETERMINING DATE:

As of December 31, 2024, the competitor's age will be considered for age group categorization.

AGE GROUPS:

For Springboard and Platform events, the age groups are as follows: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+. Additional five-year increments will be added as necessary.

For Synchronized Diving, age groups are determined by adding the ages of the two divers.

Note: The 2024 Championship will adhere to World Aquatics regulations, although PANAM Aquatics may make exceptions regarding age groups.

PRACTICE PROVISION:

Practice sessions will be available from July 20 and July 21, 2024, between 8:00 am and 5:00 pm at the designated Aquatic Complex in Trinidad and Tobago. Additional practice opportunities will be available on competition days, and details will be provided upon accreditation.

TECHNICAL MEETING:

A Technical Meeting for athletes, coaches, and managers will be held on Sunday, July 21, 2024, at 10:00 am. The location will be announced on the official host website.

ENTRY RESTRICTIONS:

Divers may participate in a maximum of five events, including 1-m springboard, 3-m springboard, platform, synchronized 3-m springboard, and synchronized platform events. Divers can only represent one Federation in each synchronized event.



TOTAL NUMBER OF DIVES PER CATEGORY:

Age groups (years)	Men 3m	Women 3m	Men Platform	Women Platform
25-29	6	5	5	5
30-34	6	5	5	5
35-39	6	5	5	5
40-44	6	5	5	5
45-49	6	5	5	5
50-54	6	5	5x	5x
55-59	6	5	5x	5x
60-64	6	5	5x	5x
65-69	6	5	5x	5x
70-74	5	5	4x	4x
75-79	5	5	4x	4x
80 +	5	5	4x	4x

The number of dives varies by age group and is consistent with the table provided. Note that for competitors aged 50 and above, certain restrictions apply for 10-meter dives.

(x) 10m limited: Only feet' first entries are allowed from the 10m platform, and any dive performed from the 10m must not exceed a degree of difficulty of 2.0.

SYNCHRONIZED DIVING:

3m Springboard			
Age Group	Men	Women	Mixed team
50-99	2(*)+2	2(*) +2	2(*) +2
100+	2(*)+2	2(*)+2	2(*)+2
Platform			
Age Group	Men	Women	Mixed team
50-99	2(*)+2	2(*)+2	2(*)+2
100+	2(*)+2	2(*)+2	2(*)+2

*Degree of difficulty of 2.0 for each dive regardless of formula

WARM-UP PROVISION:

Warm-up time will be allocated before each competition session.

COMPETITION VENUE:

The venue will be the National Aquatic Centre in Trinidad and Tobago.



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POOL CHARACTERISTICS:

The pool measures 25 m x 20 m with a depth of 5 m. It is equipped with two 1-m springboards, three 3-m springboards, and platforms at heights of 5 m and 10 m. There is no 7.5m platform.

COMPETITION FORMAT:

Divers may select their dives from the AQUA. Handbook's dive table.

TECHNICAL DIVING RULES:

The competition will adhere to AQUA Technical Rules Competition Regulations Part V and Part VIII.5

DIVE SHEETS:

Official diving forms must be submitted 24 hours before the event starts and will be available at the accreditation point.

CORRECTIONS:

Changes to dive sheets will incur a **USD 10** penalty and must be made between 24 and 3 hours before the event.

REPORTING:

Divers are responsible for being present at the start of their designated events.

MEDALS:

Medals will be awarded from 1st to 6th place in each age group. Only the first three medals will be awarded if fewer than six divers are in an age group.

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ARTISTIC SWIMMING

MINIMUM AGE LIMIT:

The minimum age for participation is 20 years.

AGE-DETERMINING DATE:

As of December 31, 2024, the competitor's age will be considered for age group categorization.

COMPETITION DATES:

Technical Routines (Solo Female and Solo Male, Duet, Mixed Duet and Team): July 17, 2024

Free Routines (Duet, Mixed duet, and Combinations): July 18, 2024

Free Routines (Solo Female and Solo Male and Teams): July 19, 2024

COMPETITION VENUE:

The event will be held at the National Aquatic Centre Balmain Couva, Trinidad and Tobago.

POOL CHARACTERISTICS:

Length: 30 meters

Width: 25 meters

Depth: 3 meters

Grandstand: Seating for 200 spectators

AGE GROUPS:

Solo and Duet Events: 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Teams: 20-34, 35-49, 50-64, 65+

Free Combination: 20-39, 40-64, 65+

For Duet, Free Combination, and Team events, the category is determined by the average age of the competitors.

Note: The 2024 Championship will adhere to AQUA regulations, although exceptions regarding age groups may be made. Free and technical events will be combined.

TECHNICAL MEETING:

A Technical Meeting will be held on Tuesday, July 16, 2024, at 10:00 am. The location will be the National Aquatic Centre Balmain Couva. The meeting will cover various procedural aspects, including:

Correction to the spelling of athletes' names

Procedure for draws.

Order of appearance draw

Reserve procedure in duet and team events

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Pre-competition warm-up
Call room procedures
Marshalling and walk
Warm down facilities
Victory ceremonies

PRACTICE PROVISION:

Practice opportunities with music will be available at the National Aquatic Centre. Additional practice slots will be allocated based on the number of entries. Details will be provided upon arrival.

SOUND EQUIPMENT:

Competitors are responsible for providing their music, which must be uploaded to the competition platform. A link for uploading will be sent one month before the competition.

ENTRY RESTRICTIONS:

Athletes may enter a maximum of three routine events and one free Combination. All competitors in duets, teams, and free combinations must represent the same club.

COMPETITION STRUCTURE:

Teams: Minimum of 4 and a maximum of 8 members.

There is no penalty for less than 8 members.

Free Routine Combination: Minimum of 4 and a maximum of 10 members.

TIME LIMITS:

As per World Aquatics Competition Regulations VIII.7.4.1, each type of routine has specific time limits.

No minimum time limit. Time limits, including the ten (10) seconds for the deck movement.

Technical Routines - Solo: 2 minutes

Free Routine – Solo: 2 minutes 15 seconds

Technical Routines- Duet: 2 minutes 20 seconds

Free Routine- Duet: 2 minutes 45 seconds

Technical Routine Team: 2 minutes 50 seconds

Free Routine Team: 3 Minutes 30 seconds

Free Combination: 4 minutes

There shall be an allowance of (5) seconds less or plus the allotted time for all routines.

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SCORING:

Scoring will be conducted in accordance with World Aquatics Competition Manual VIII.8.1.5.5.2.

FINAL RESULTS:

Final results will be determined as per AQUA AS Rule 20. The first five required elements will have a degree of difficulty of 1.0 as part of the scoring calculations.

REPORTING:

All competitors, including members of duets and teams, must report to the designated area at least 30 minutes before the commencement of their respective events.

MEDALS:

Medals will be awarded for 1st to 3rd place in each age group. Each member, including alternates, will receive a medal.

Event Categories

AQUA Comp Reg VIII.7.2: The Masters Artistic Swimming competition encompasses Solo, Duet, Team, and Free Combination events. A Technical Solo and a Free Solo are collectively considered a single event. Likewise, Technical and Free Duets form one event, as do Technical and Free Teams. Free Combination stands as an individual event.

Requirements for a Free Combination Routine, see Appendix V

Technical Routine Requirements

General Guidelines: Additional elements may be incorporated into routines. All figures and their components must align with the specifications outlined in Appendix II. Each element should be executed with precision, control, and uniformity.

While the choice of music is at the discretion of the participants, it is permissible to use the same musical selection for both the Technical and Free Routines.

Additionally, competitors have the option to wear goggles during their performances.

Solo Routine Elements

Elements 1 to 5 must be performed in the order listed on the "Elements Card". Element 6 may be executed anytime during the routine.

Fishtail: Starting from a Front Layout Position, transition into a Front Pike Position. Lift one leg to a Fishtail Position and the other to a Vertical Position. The ending is optional.

Split Position: This is followed by either a front or back walkout.

Spinning 180°: Initiate from a back layout and perform a tuck somersault. From a bent-knee position, execute a 108° spin as the legs join into a vertical position at the ankles, followed by submergence.



Travelling Ballet Leg Combination: Commence in a Back Layout Position and include any two of the following positions: Right or Left Bent Knee Back Layout, Right or Left Ballet Leg, Right or Left Flamingo, or Double Ballet Leg.

Barracuda Bent Knee: From a Back Pike Position with legs perpendicular and toes just below the surface, execute a Thrust. One leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A vertical descent is executed at the same tempo as the Thrust.

Two Forms of Propulsion: Must include Egg Beater travelling sideways and/or forward. Arm movements are optional.

Duet Routine Elements

Elements 1 to 5 must be performed in the order listed on the "Element Card". Elements 6 & 7 may be executed anytime during the routine.

Elements 1 to 6 are the same as the Solo routine.

Joined Action: The swimmers must be physically connected to perform a connected figure, float, or stroke. The action must be performed simultaneously. Minor actions are permitted, but stacks, lifts, platforms, and throws are prohibited.

Team Routine Elements

Elements 1 to 5 must be performed in the order listed on the "Elements Card". Elements 6 - 9 may be executed anytime during the routine.

1 to 7 are the same as for the Duet routine.

Cadence Action: Identical movements performed sequentially by all team members. If more than one cadence action is performed, they must be consecutive.

Patterns: Must include a circle and a straight line. Elements can be performed in either pattern.

Except for the initial Deck Work and Entry and any Joined Actions, all swimmers must execute both mandatory and additional elements in unison, facing the same direction. However, variations in the manner of propulsion and the direction faced are allowable during transitions between patterns.

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WATER POLO

Age Requirements and Classification

Minimum Age Limit: 25 years

Age Determining Date: Competitors must be at least 25 years old as of December 31, 2024.

Team Age Group: The youngest player on the team determines the team's age group. There are no age restrictions for players older than the youngest team member. Age groups are set at five-year intervals: 25+, 30+, 35+, 40+, 45+, and so on. Should fewer than three teams enter a particular age group, they can compete in the next youngest age group.

Note: This Championship is based on AQUA regulations, which may allow for exceptions regarding age groups.

Training Opportunities:

Training sessions will be available at various pools across Trinidad and Tobago two days before the competition starts. Teams may request training slots either in writing before arrival or upon registration. Additional training times may be announced during the Technical Meeting, depending on the number of entries.

Technical Meeting:

A Technical Meeting for coaches and managers will be held on Wednesday, July 24, 2024, at 10:00 am. The location will be announced on the official championship website. All teams must be registered before this meeting.

Competition Dates and Venue:

Dates: July 25-29, 2024 (subject to the number of participating teams)

Venue: Marlins Swim Club and the National Aquatic Centre, Balmain Couva

Equipment: Electronic timing systems will be in place, conforming to AQUA -VIII.6.2

Equipment and Team Composition:

Teams must provide their own practice and warm-up water polo balls.

Official AQUA water polo balls will be provided for the matches.

Teams must bring their game caps, ensuring the numbers conform to AQUA rule WP 4. VI APPENDIX B.4.3

Note: As per AQUA Rule VIII.6.2, teams may list up to 15 players, comprising seven players and eight reserves. All players must be registered with the same club.

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Entry Procedure and Fees:

A designated team representative must complete the online Team Water Polo Registration Form and pay the individual registration fee. Upon arrival, the completed team sheet with all players' signatures must be submitted at the technical meeting. Players can only play for one team.

Competition Format:

The format will depend on the number of teams in each age group. Teams in underrepresented age groups will be contacted to discuss the option of competing in the next youngest age group.

Reporting and Medals:

Teams must be ready to play at least 15 minutes before their scheduled match time.

Teams arriving more than 5 minutes late will forfeit the match, and a 5-0 score will be awarded to the opponent.

Medals will be awarded to the 1st, 2nd, and 3rd place teams in each age group.

Note: Smoking is strictly prohibited within the National Aquatic Centre.

GOVERNING RULES:

The AQUA regulations, specific to Masters water sports in their most recent edition, will govern all five disciplines in the 2024 Trinidad and Tobago Masters Aquatics Championship. Competitors are responsible for familiarising themselves with these rules.

<https://www.worldaquatics.com/rules/competition-regulations>

RESULTS AND ACCREDITATION:

Results: A comprehensive set of championship results will be compiled after the event and made available on the official website.

Accreditation Desk: The desk will be open to all athletes from 8:00 am, starting July 19, 2024.

INTELLECTUAL PROPERTY AND REFUNDS:

Information: The Championship logo and mascots are registered trademarks. Any reprints must be approved by the Organizing Committee, which holds exclusive textile production and reproduction rights.

Refunds: No refunds will be issued, except for water polo teams in age groups with fewer than three teams. Transferring entries to another competitor is not permitted.

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DISCLAIMER OF LIABILITY:

All participants must acknowledge and agree to the following:

They are physically fit and have not been advised otherwise by a medical professional.

Participation in these championships carries significant risks, including the potential for permanent disability, paralysis, and even death. While certain rules, equipment, and personal discipline may mitigate these risks, the risk of serious injury remains.

They knowingly assume all such risks, whether known or unknown, even those arising from the negligence of the parties listed below, and assume full responsibility for their participation.

They agree to comply with all stated and customary participation rules, terms, and conditions. If they observe any unusual significant hazard, they will withdraw from participation and immediately alert the nearest official.

They waive any right to claims for damages or losses due to the negligence, either active or passive, of any of the following parties: AQUA and its affiliates; the Organizing Committee of the 2024 Trinidad and Tobago Masters Aquatics Championship; event sponsors, organizers, venue owners, employees, and volunteers. This waiver applies to any injury, disability, loss, or damage to persons or property.

Each competitor confirms that they have read, understood, and freely signed this liability and risk assumption agreement by participating.

TRANSFER OF MEDIA RIGHTS:

As a participant in the 2024 Trinidad and Tobago Masters Aquatics Championship, I acknowledge the significance of AQUA and the Organizing Committee of the 2024 Trinidad and Tobago Championship, the entities that hold all media, press, film, television, and photographic rights for this event.

I hereby grant my consent to be filmed, televised, photographed, and to have my likeness used in various media formats during the 2024 Trinidad and Tobago Masters Aquatics Championships. For all intents and purposes, both now and in the future, I authorize the organizing entities of the Championships to utilize my image in relation to my participation. I understand I will not be compensated for using my image for these purposes.



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PERMISSION FOR PHOTOGRAPHIC USE:

I consent to the Organizing Committee of the 2024 Trinidad and Tobago Masters Aquatics Championships using the photograph attached to this form (or otherwise provided) for my accreditation card and for my athlete profile at this Championships. I acknowledge that I will not be compensated for using my photograph for these purposes.

SOCIAL PROGRAM AND EVENTS:

Information regarding social events and programs during the Championship will be made available on the official Championship website:

<https://paqmasters.panamaquaticsevents.com/en/home/>

TRANSPORTATION

Provision of Transportation Services for the PanAm Aquatics Masters Championships 2024 attendees, hosted by the Aquatic Sports Association of Trinidad and Tobago (ASATT).

Transportation provided by: MyTrip TT Rideshare 1-868-742-3275

[MyTrip TT Rideshare](#)

AIRPORT TO HOTEL TRANSFERS (All prices quoted are one-way per vehicle)

Hotels	Day Rate USD	Night Rate (12 am – 6 am)
Hyatt Hotel	USD 27.00	USD 37.00
Courtyard by Marriott	USD 27.00	USD 37.00
Hilton Hotel	USD 27.00	USD 37.00
Cara Suites Hotel	USD 52.00	USD 60.00
Paria Suites Hotel	USD 52.00	USD 60.00
Royal Hotel	USD 52.00	USD 60.00
Holiday Inn Express	USD 12.00	USD 23.00

HOTEL TO EVENT LOCATION (All prices quoted are one-way per vehicle. Car-pool where possible is recommended)

Hyatt Hotel to the following:	Rate
Marlins Swim Club	USD 13.00
The Aquatic Centre	USD 34.00
Las Cuevas/Maracas	USD 52.00



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Courtyard by Marriott to the following:

	Rate
Marlins Swim Club	USD 12.00
The Aquatic Centre	USD 35.00
Las Cuevas/Maracas	USD 52.00

Cara Suites Hotel to the following:

	Rate
Marlins Swim Club	USD 46.00
The Aquatic Centre	USD 36.00
Las Cuevas/Maracas	USD 67.00

Royal Hotel to the following:

	Rate
Marlins Swim Club	USD 50.00
The Aquatic Centre	USD 21.00
Las Cuevas/Maracas	USD 66.00

Hilton Hotel to the following:

	Rate
Marlins Swim Club	USD 13.0
The Aquatic Centre	USD 36.00
Las Cuevas/Maracas	USD 52.00

Radisson Hotel to the following:

	Rate
Marlins Swim Club	USD 13.00
The Aquatic Centre	USD 34.00
Las Cuevas/Maracas	USD 52.00

Paria Suites Hotel

	Rate
Marlins Swim Club	USD 61.00
The Aquatic Centre	USD 32.00
Las Cuevas/Maracas	USD 74.00

Holiday Inn Express to the following:

	Rate
Marlins Swim Club	USD 28.00
The Aquatic Centre	USD 34.00
Las Cuevas/Maracas	USD 56.00

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Hotels

Please note that arranging your accommodations is a personalized experience, and we encourage you to connect directly with the hotels and Airbnb options featured in this booklet. We have thoughtfully curated a range of choices to accommodate your preferences and budget.

To ensure a delightful and hassle-free stay during the competition, we kindly recommend contacting your preferred hotel or Airbnb listing as soon as possible. Booking in advance is essential to secure your spot and guarantee a comfortable experience tailored to your needs.

Your comfort is our priority, and we are here to assist you in making your stay exceptional.

1. Hyatt Regency Trinidad: [Hyatt Regency Trinidad](#)
 - Single Occupancy Rate: USD 169.00 (inclusive of buffet breakfast)
 - Double Occupancy Rate: USD 194.00 (inclusive of buffet breakfast)
2. Hilton Trinidad and Conference Centre: [Hilton Trinidad and Conference Centre](#)
 - Single Occupancy Rate: USD 144.00 (inclusive of buffet breakfast)
 - Double Occupancy Rate: USD 152.00 (inclusive of buffet breakfast)
3. Radisson Hotel Trinidad: [Radisson Hotel Trinidad](#)
 - Single Occupancy Rate: USD 174.00
 - Double Occupancy Rate: USD 183.00
4. Courtyard by Marriott Port of Spain: [Courtyard by Marriott Port of Spain](#)
 - Single Occupancy Rate: USD 156.00
 - Double Occupancy Rate: USD 177.00
5. Kapok Hotel: [Kapok Hotel](#)
 - Single Occupancy Rate: USD 156.00 single
 - Double Occupancy Rate: USD 177.00 double
6. The Brix Autograph Collection: [The Brix Autograph Collection](#)
 - Single Occupancy Rate: USD 169.00
 - Double Occupancy Rate: USD 159.00
7. Cara Suites Hotel and Conference Centre: [Cara Suites Hotel and Conference Centre](#)
 - Single Occupancy Rate: USD 124.00 (inclusive of buffet breakfast)
 - Double Occupancy Rate: USD 146.00 (inclusive of buffet breakfast)

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8. Cascadia Hotel:

[Cascadia Hotel](#)

- Single Occupancy Rate: USD 100.00
- Double Occupancy Rate: USD 120.00

9. Courtyard by Marriott:

[Courtyard by Marriott](#)

- Single Occupancy Rate: USD 176.00
Double Occupancy Rate: USD 207.00

10. Hotel Normandie Hotel:

[Hotel Normandie Hotel](#)

- Single Occupancy Rate: USD 128.71
Double Occupancy Rate: USD 153.57

AIR BAB

- | | | |
|-------------------------------|------------|-------------------------------------------------|
| • Piarco Village Suite | USD 139.00 | Piarco Village Suites |
| • Heritage Inn Trinidad | USD 109.00 | Heritage -inn Trinidad |
| • Woodbrook On the Avenue | USD 61.00 | Woodbrook on the avenue |
| • Airport Inn | USD 119.00 | Airport Inn |
| • Stayinn Trinidad | USD 86.00 | Stayinn Trinidad |
| • Hololo Haven | USD 80.00 | Hololo Haven |
| • City Living Bed & Breakfast | USD 99.00 | City Living Bed & Breakfast |
| • Traum House | USD 62.00 | Traum House |
| • Derick's Inn | USD 94.00 | Derick's Inn |

MASTERS FESTIVAL

We are thrilled to extend an invitation to all athletes participating in the competition to join us for the "Masters Festival," a traditional celebration organized by the host country to honour the spirit of competition and camaraderie among participants.

Event Details:

- **Title:** Masters Festival
- **Date:** Saturday, July 20 2024
- **Entry Fee:** USD 40.00 per person

The Master's Festival is a unique opportunity to unwind, celebrate your achievements, and interact with fellow athletes worldwide. The evening will be filled with entertainment, local cuisine, and a chance to experience the rich culture of Trinidad and Tobago.

The entry fee contributes to creating an unforgettable experience, including live music, cultural performances, and much more. It's not just a party; it's a celebration of your hard work, dedication, and the spirit of the sports community.

Don't miss out on this exciting tradition! Secure your spot and be part of an evening filled with fun, food, and festivity. We look forward to celebrating with you!

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The Aquatics Sports Association of Trinidad and Tobago (ASATT) is dedicated to ensuring your utmost comfort and enjoyment throughout the PamAm Aquatics Masters competition. If you have any inquiries or require additional assistance regarding accommodations, please feel free to contact our organizing committee.

We eagerly anticipate hosting you in Trinidad and Tobago and wish you the very best of luck in the competition. Here's to an exceptional experience.

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